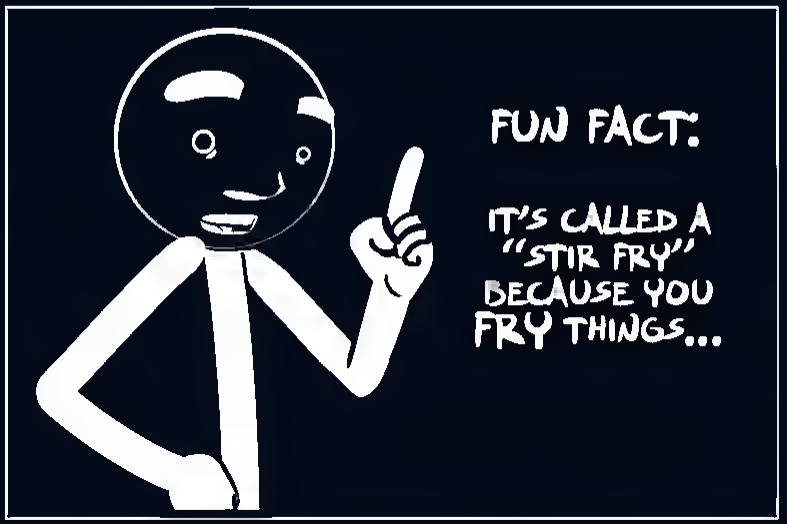
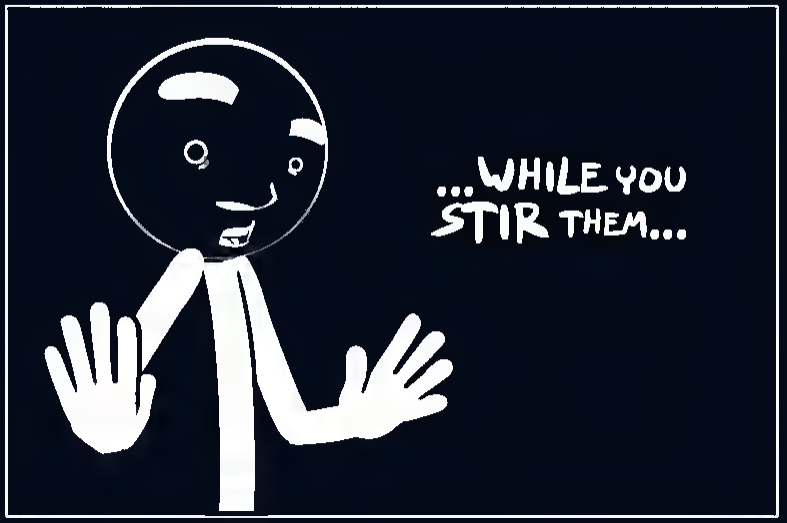
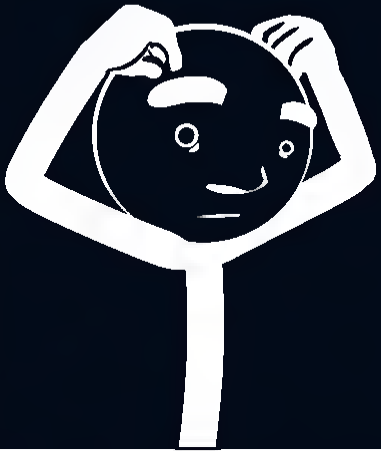
COOKING COMICALLY


FUN FACT:
IT'S CALLED A "STIR FRY" BECAUSE YOU FRY THINGS...

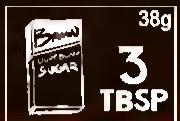

...WHILE YOU STIR THEM...



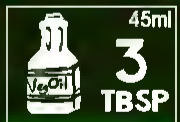
INGREDIENTS

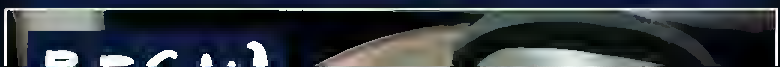
TERIYAKI SAUCE STUFF

TERIYAKI SAUCE STUFF

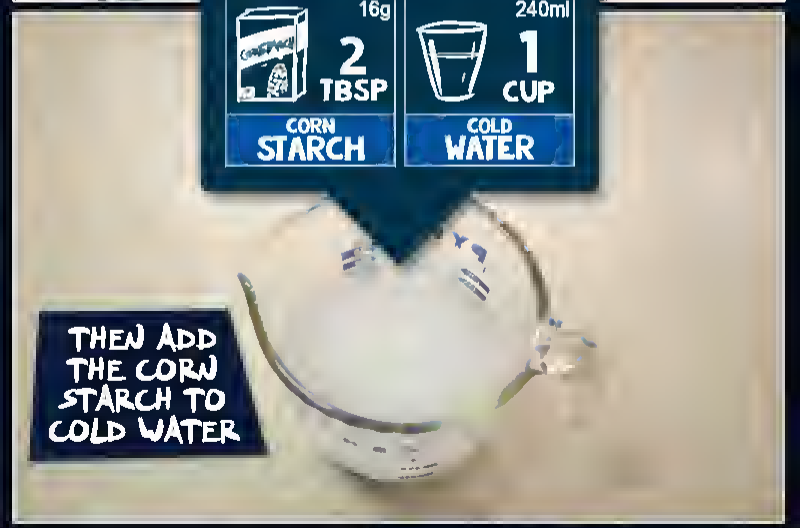


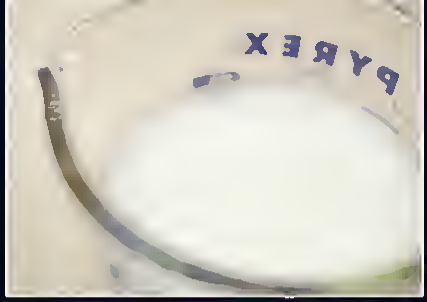
THE STIR FRY STUFF





BEGIN
WITH THE RICE
COOK ACCORDING TO PACKAGE INSTRUCTIONS


16g
2 TBSP
CORN STARCH
240ml
1 CUP
COLD WATER
THEN ADD THE CORN STARCH TO COLD WATER

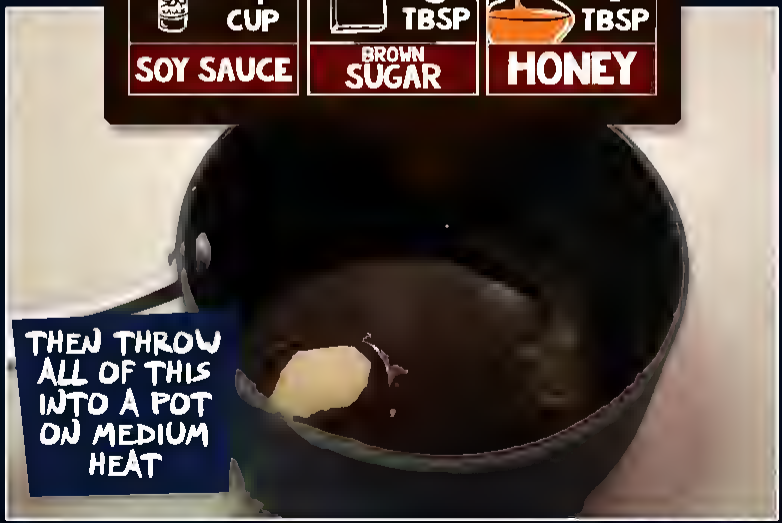


MIX WELL

AND MIX AGAIN IF IT STARTS TO SEPARATE AT ALL

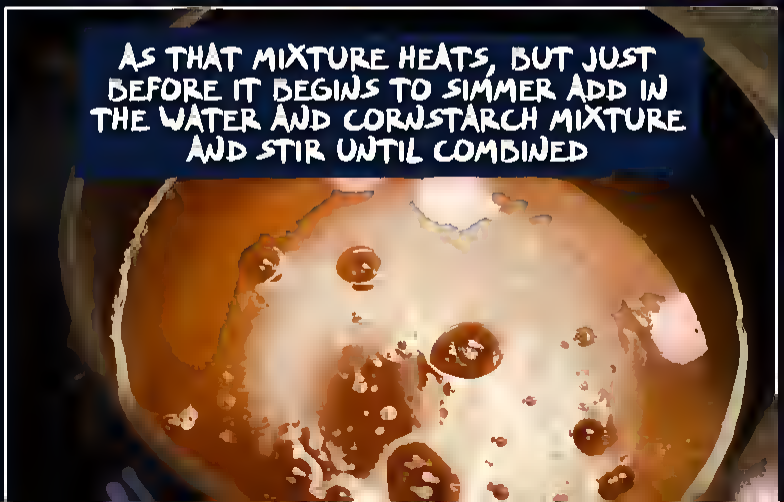
TERIYAKI SAUCE STUFF

60ml	38g	20g
¼ CUP	3 TBSP	1 TBSP
SOY SAUCE	BROWN SUGAR	HONEY



THEN THROW ALL OF THIS INTO A POT ON MEDIUM HEAT

STIR AND HEAT UNTIL COMBINED


AS THAT MIXTURE HEATS, BUT JUST BEFORE IT BEGINS TO SIMMER ADD IN THE WATER AND CORNSTARCH MIXTURE AND STIR UNTIL COMBINED

BRING TO A SIMMER AND LET IT THICKEN TO YOUR DESIRED VISCOSITY

CHOP
THE PEPPER, CARROTS AND BROCCOLI

PLACE ALL THE THINGS YOU JUST CHOPPED INTO A BOWL FOR LATER

CHOP OR PRESS YOUR GARLIC AND SET ASIDE
AND SLICE UP YOUR CHICKEN
45ml
3
TBSP
VEG OIL
HEAT YOUR OIL ON HIGH-HEAT

IF YOUR STOVE GOES TO 10 SET IT TO 8

EVERYTHING IS CHOPPED

OIL IS HOT

LET'S DO THIS!!

PEPPERS, BROCCOLI AND CARROTS GO IN FIRST

YOU SHOULD HEAR A NICE SIZZLE WHEN THEY HIT THE PAN

STIR AND FRY FOR ABOUT 5 MINUTES

NEXT UP IS THE GARLIC

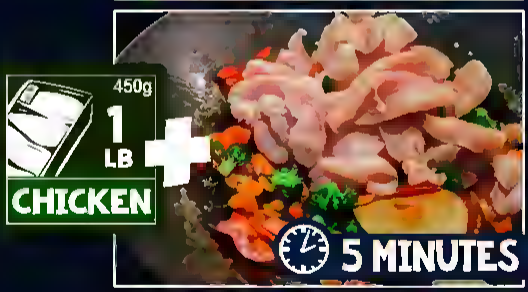
LET IT COOK JUST UNTIL FRAGRANT

ABOUT 2 MINUTES

THEN TOSS THE CHICKEN IN NEXT AND COOK UNTIL DONE

ABOUT 5 MINUTES

FINALLY ADD IN THE SAUCE AND LET THAT GO FOR JUST A COUPLE



A COUPLE MINUTES

2 MINUTES

YOUR RICE IS ALMOST DEFINITELY DONE BY NOW...

SO SERVE IT UP

AND ENJOY

THE NOTES

- AS FOR THE THICKNESS OF THE SAUCE I GENERALLY COOK MINE A BIT ON THE LIQUIDY SIDE BECAUSE I MIX EVERYTHING TOGETHER WITH THE RICE AND IT ABSORBES THE SAUCE REALLY WELL.

- THIS MAKES MORE TERIYAKI SAUCE THAN YOU'LL NEED

FOR THE STIR FRY. YOU CAN USE THE EXTRA TO DRIZZLE A LITTLE MORE ON TOP OF THE DISH OR FOR ANOTHER STIR FRY ALL TOGETHER. IT'S ALWAYS NICE TO HAVE ON HAND.

- THIS IS A STIR FRY SO BE SURE TO HAVE EVERYTHING READY TO GO BEFORE THE ACTUAL COOKING BEGINS. THEN DON'T STOP STIRRING AS EVERYTHING COOKS.

- CHANGE UP THE VEGGIES AS YOU LIKE.

- YOU CAN USE PREMADE TERIYAKI SAUCE TO SAVE SOME TIME IF YOU WANT.

AND AS ALWAYS

THANK YOU FOR READING

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